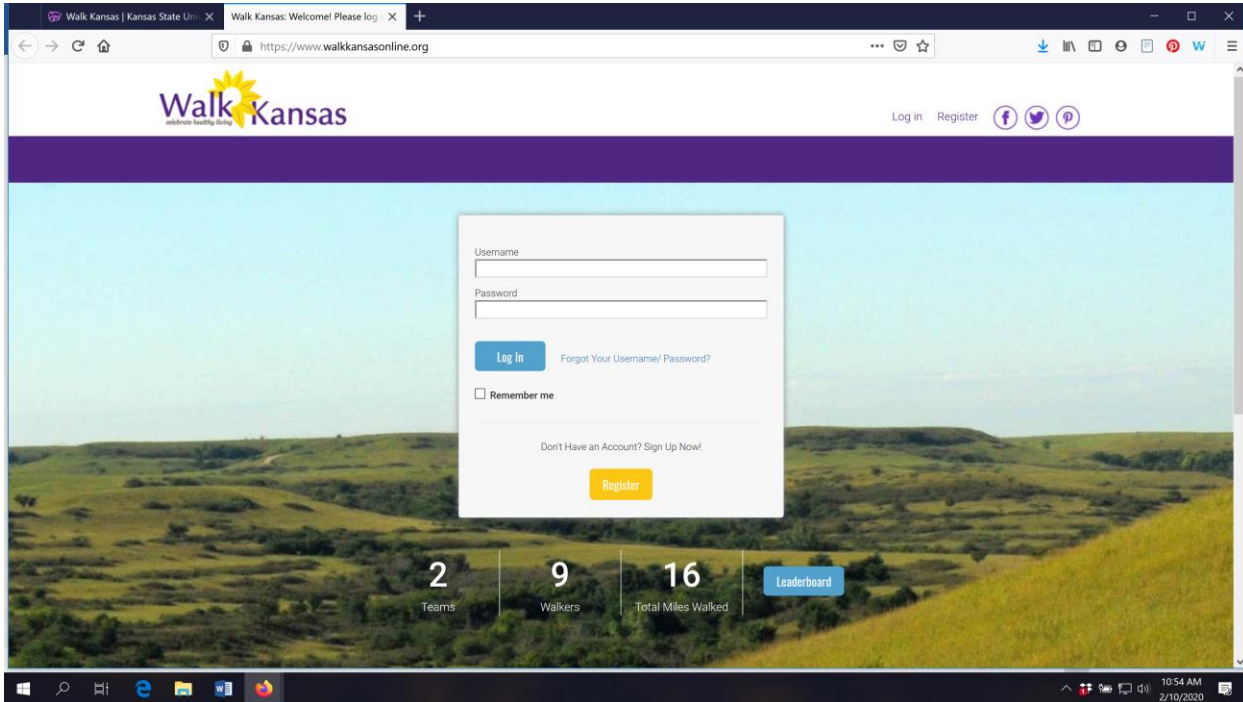


Register for Walk Kansas

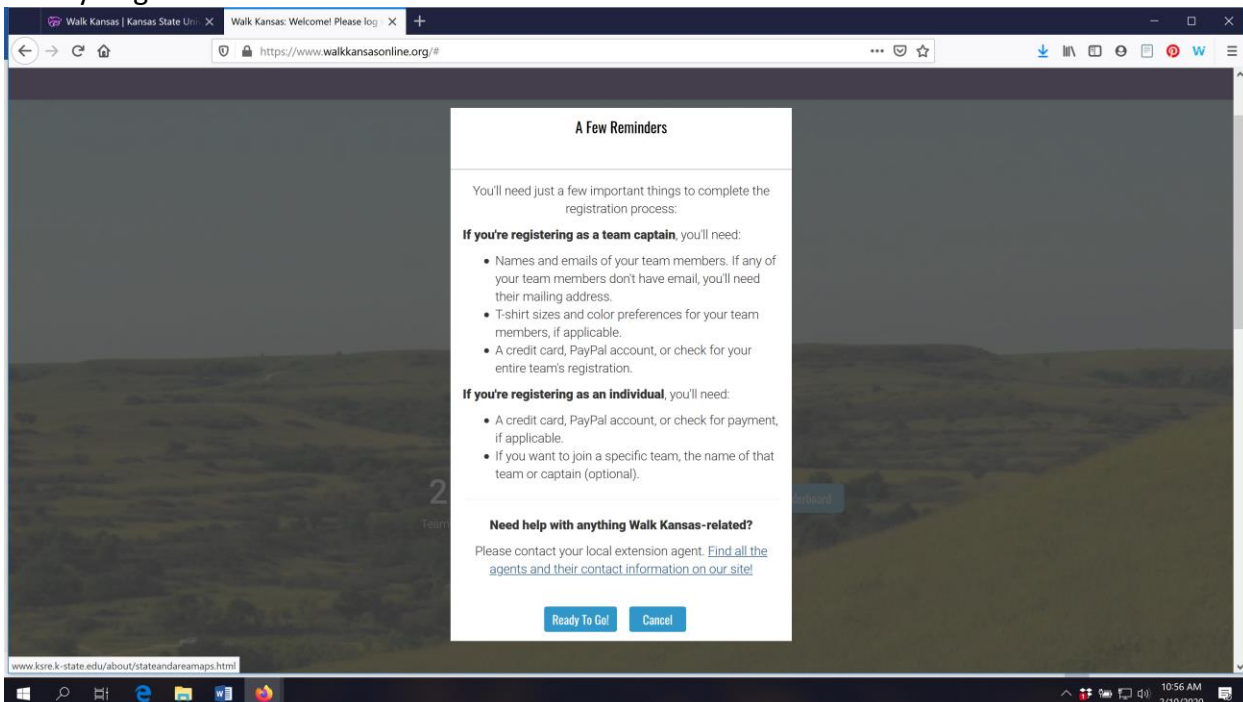
Go to www.walkkansas.org and click “Register” or select “My Walk Kansas” on left side bar.

At any time, during this process, if you are not ready to advance to the next step (Example: you don’t have a full team yet or don’t have email addresses for all team members) please click “CANCEL.” If you just exit without clicking on “cancel” you will have challenges when you come back and try to register again.

Click the yellow “Register” button.

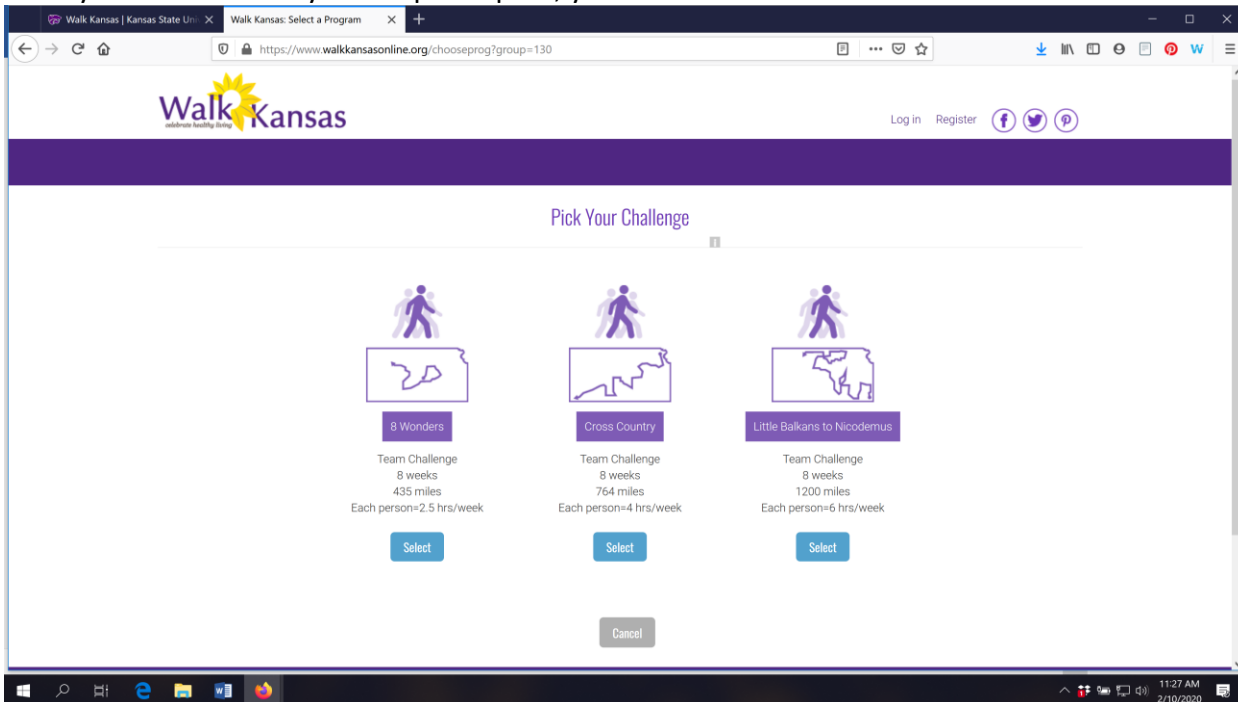


Read the “reminders” on this screen. If you are not ready to register, click “cancel” and if you are ready, click “ready to go!”



On the next screen, click on the first letter of the county/district/group where you will participate. (Participants are not required to live in the state of Kansas, nor do they need to participate in the county where they live. We are all connected via technology!)

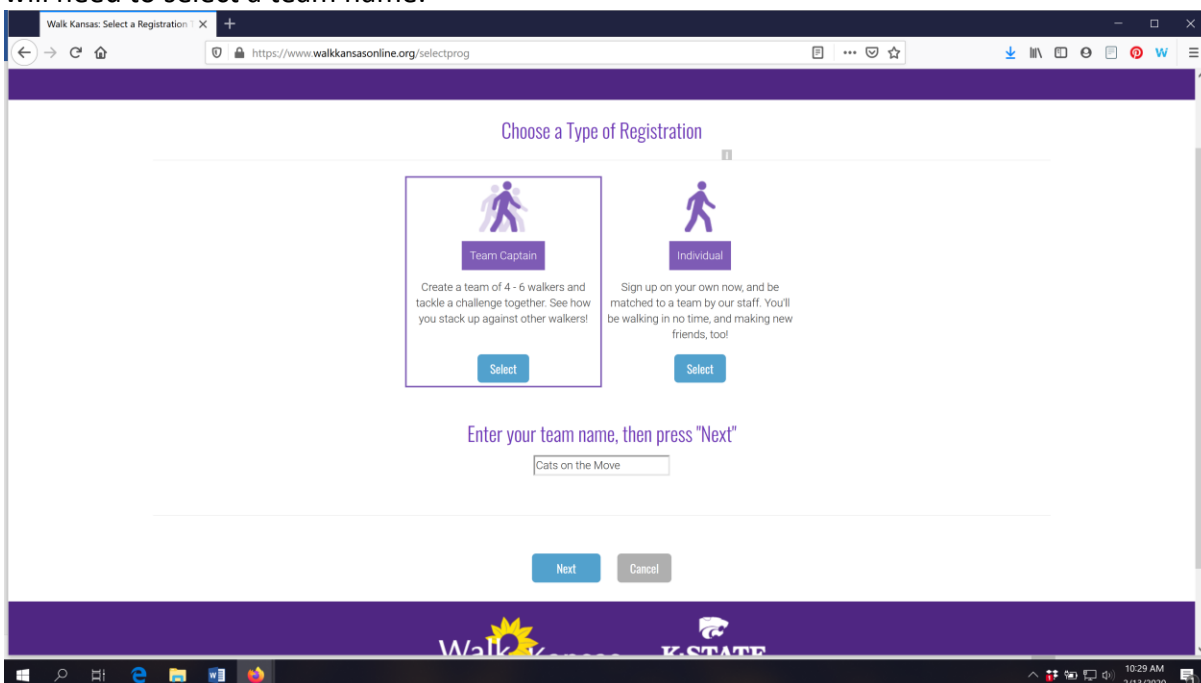
After you select where you will participate, you should see this screen:



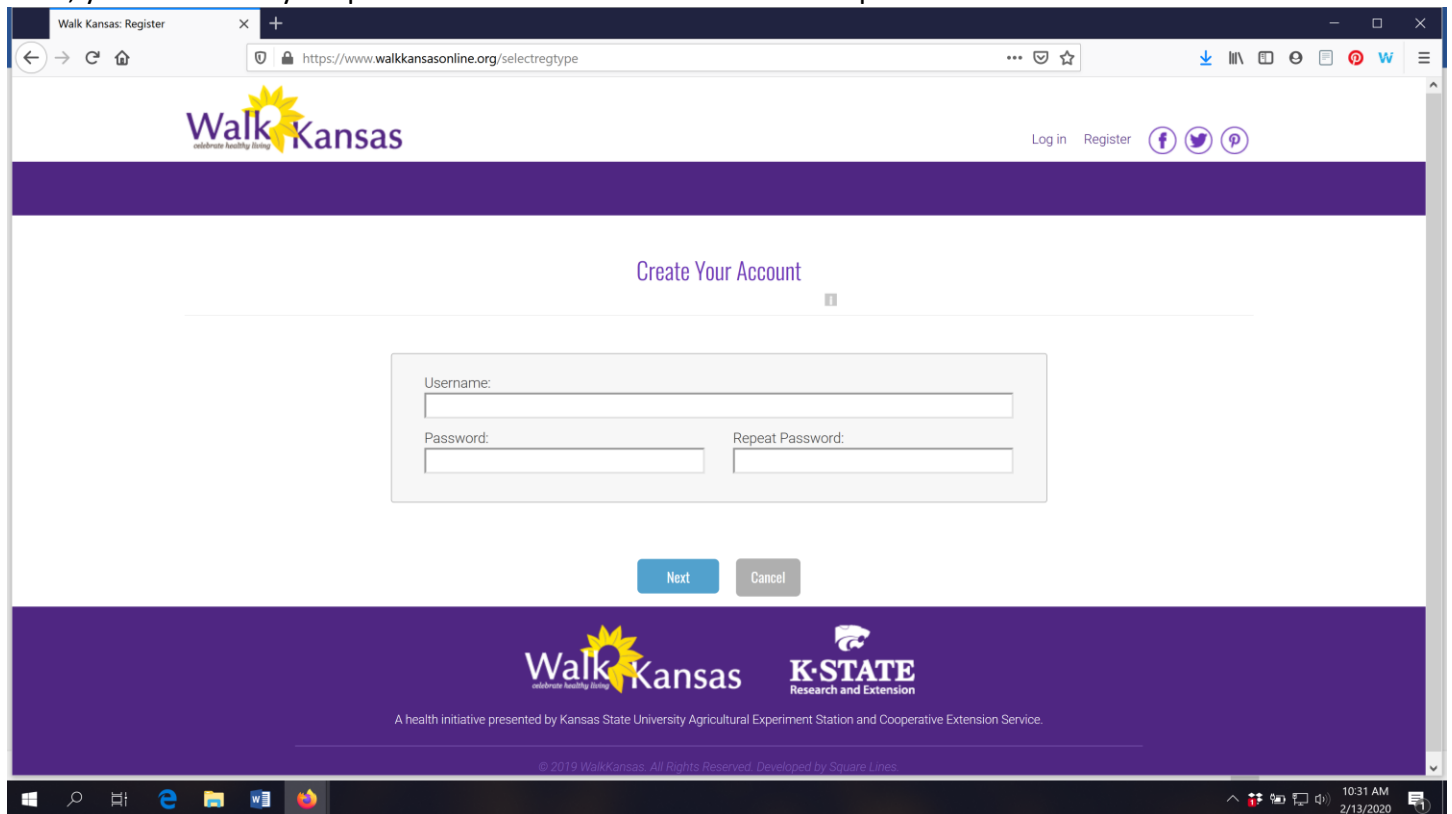
If you are the captain of your team, select the challenge your team has chosen. If you are registering as an individual, select the challenge you would like to work towards and your local Extension agent will connect you with a team that matches your challenge.

While you are on this screen, check the option “Challenge Only” and then you can advance.

This next screen asks you to choose the type of registration. If you are registering your team, select “Team Captain” and if you are registering as an individual and would like to join a team, select “Individual.” Captains will need to select a team name.



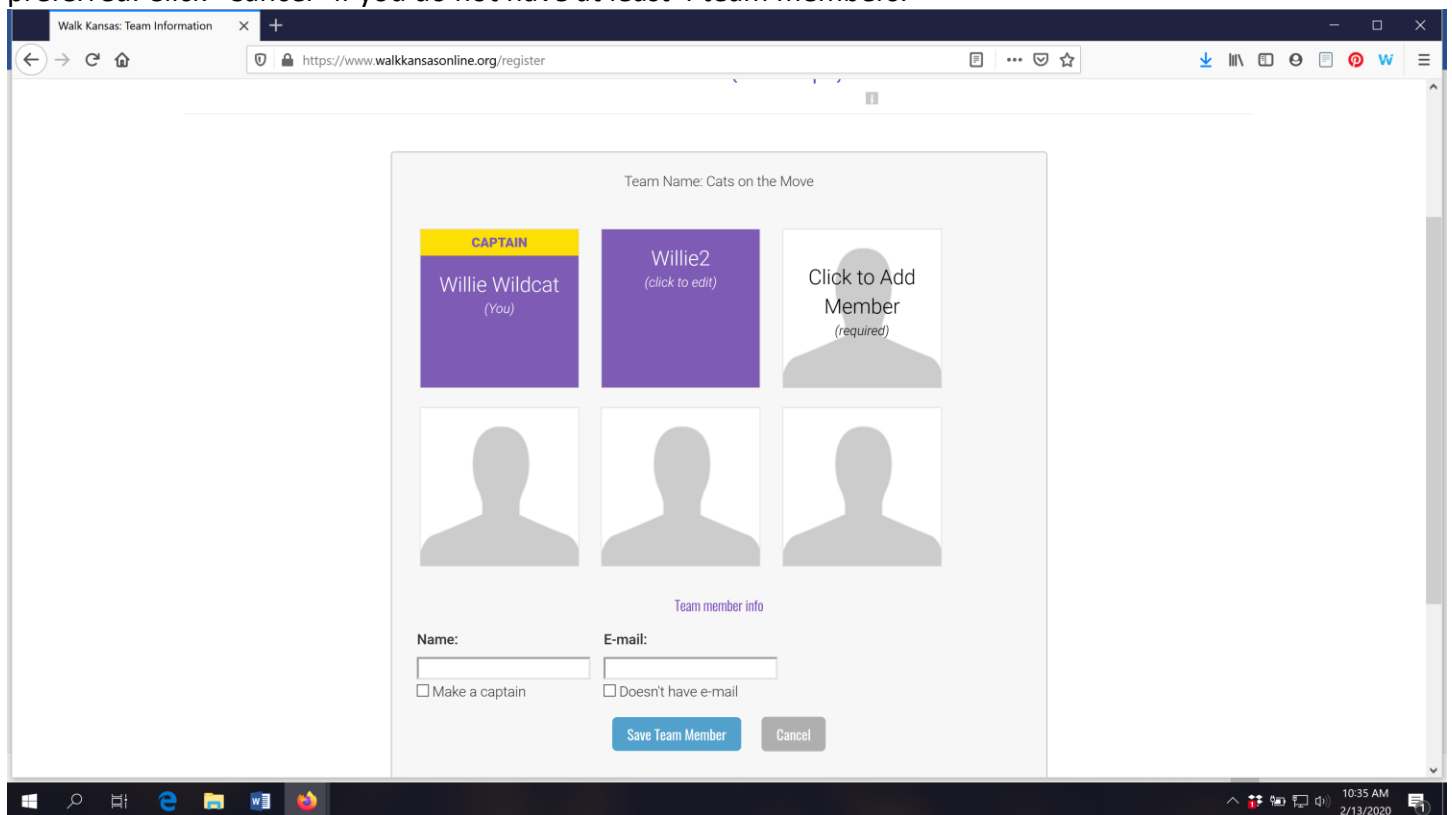
Next, you will create your personal account with a username and password.



The screenshot shows the 'Walk Kansas: Register' page in a web browser. The browser's address bar displays 'https://www.walkkansasonline.org/selectregtype'. The page features the 'Walk Kansas' logo at the top left and 'Log in Register' links at the top right. The main heading is 'Create Your Account'. Below this, there is a registration form with fields for 'Username:', 'Password:', and 'Repeat Password:'. At the bottom of the form are 'Next' and 'Cancel' buttons. The footer includes the 'Walk Kansas' and 'K-STATE Research and Extension' logos, along with the text 'A health initiative presented by Kansas State University Agricultural Experiment Station and Cooperative Extension Service.' and a copyright notice '© 2019 Walk Kansas. All Rights Reserved. Developed by Square Lines'.

After you click “Next” it will ask for additional information about you.

The next step is to build your team. You must have at least 4 people on your team (including yourself) before you will see the blue “Next” button to advance with registration. Teams must have at least 4 people and 6 is preferred. Click “Cancel” if you do not have at least 4 team members.



The screenshot shows the 'Walk Kansas: Team Information' page in a web browser. The browser's address bar displays 'https://www.walkkansasonline.org/register'. The page features the 'Walk Kansas' logo at the top left. The main heading is 'Team Name: Cats on the Move'. Below this, there is a grid of team member slots. The first slot is labeled 'CAPTAIN' and contains 'Willie Wildcat (You)'. The second slot contains 'Willie2 (click to edit)'. The third slot is labeled 'Click to Add Member (required)'. Below the grid, there is a 'Team member info' section with fields for 'Name:' and 'E-mail:'. There are also checkboxes for 'Make a captain' and 'Doesn't have e-mail'. At the bottom of the form are 'Save Team Member' and 'Cancel' buttons.

You will see a confirmation screen after you click “Next”

The next screen asks for your consent to participate and to authorize or not authorize photo consent. There also a consent option to participate in a 6-month follow-up survey.

The screenshot shows a web browser window with the address bar displaying <https://www.walkkansasonline.org/procteamreginfo>. The page title is "Walk Kansas: Required Consents". The main heading is "Acknowledgment & Consent".

The form contains the following text:

I wish to participate in the 8 Wonders physical activity program for the purpose of physical fitness. I understand that I should have medical approval from my health care professional if I:

- have chronic health problems such as heart disease or diabetes.
- have been told by my doctor that I have high blood pressure.
- have pains in my heart and/or chest area.
- have any physical conditions or problems that might require special attention in an exercise program.
- feel dizzy or have spells of severe dizziness.
- have a bone or joint condition, such as arthritis, that might be made worse by an exercise I am not accustomed to, or a vigorous exercise program.
- am a male over age 45 or a female over age 55 AND not accustomed to vigorous exercise.

☒ I agree to accept full responsibility for any injuries I may sustain while participating in this program.

Signed: Or Parent/Guardian (if under 18):

☒ I authorize K-State Research and Extension to record and photograph my image and/or voice for us in research, educational and promotional programs. I also recognize that these audio, video and image recordings are the property of K-State Research and Extension.

The last screen will show your order and payment options. Some local programs will offer the option to pay online and you must confirm how you will pay to complete registration. **Click on the blue “Confirm Payment By Check” or select the online payment option. DO NOT JUST EXIT THIS SCREEN WITHOUT SELECTING A PAYMENT OPTION OR HIT CANCEL TO CANCEL YOUR REGISTRATION.**

The screenshot shows a web browser window with the address bar displaying <https://www.walkkansasonline.org/proconssent>. The page title is "Walk Kansas: Cart". The main heading is "Order Summary & Checkout".

Qty	SKU	Item	Cost
4	prog4	8 Wonders	\$40.00

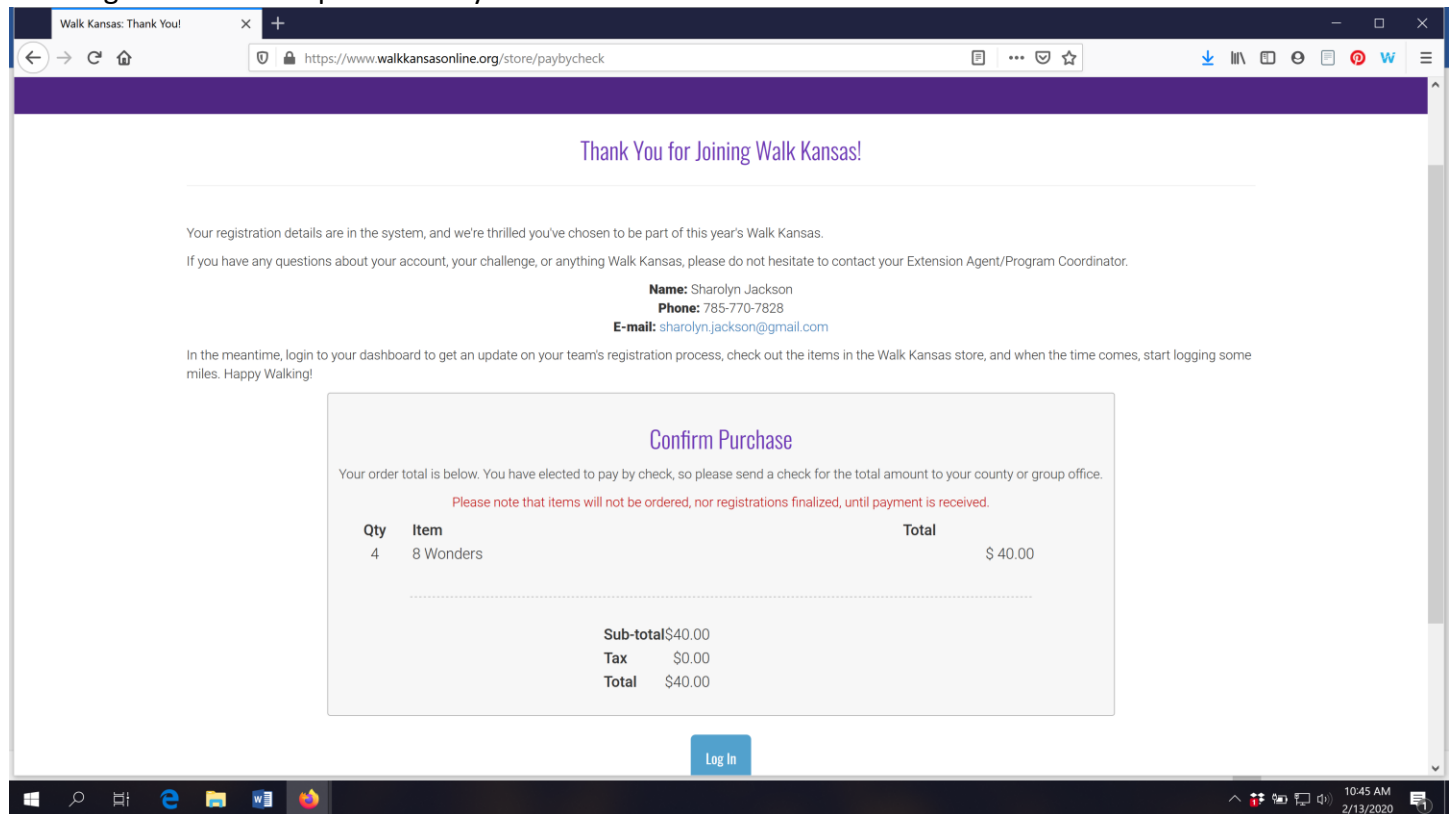
Sub-total \$40.00
Tax (0%) \$0.00
Total \$40.00

Discount Code:

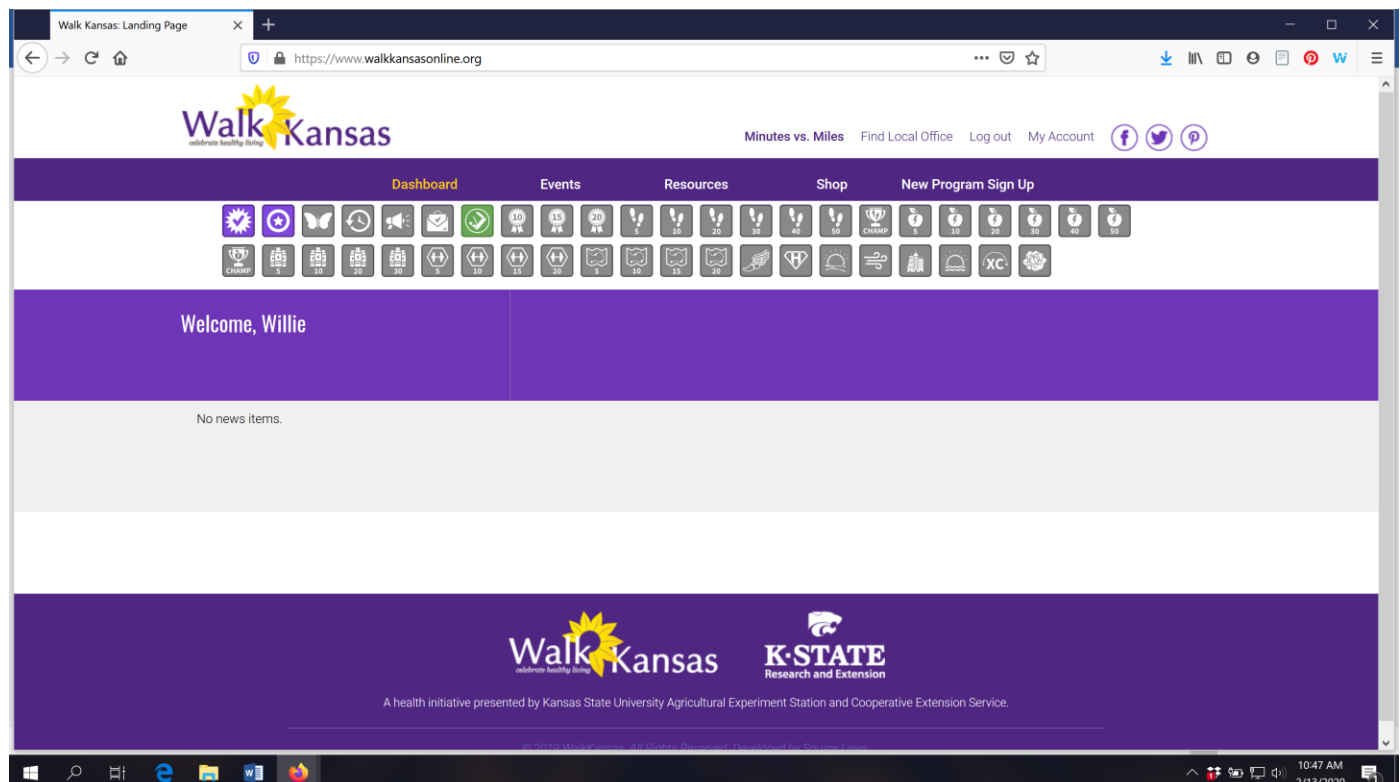
Choose a Payment Method

This group only accepts payments by check. Please click the link below to confirm that you will be sending a check to pay for your order.
Your order will not be placed (and your registration not complete) until payment is received.
[Confirm Payment By Check](#)

Your registration is complete when you see a screen similar to this:

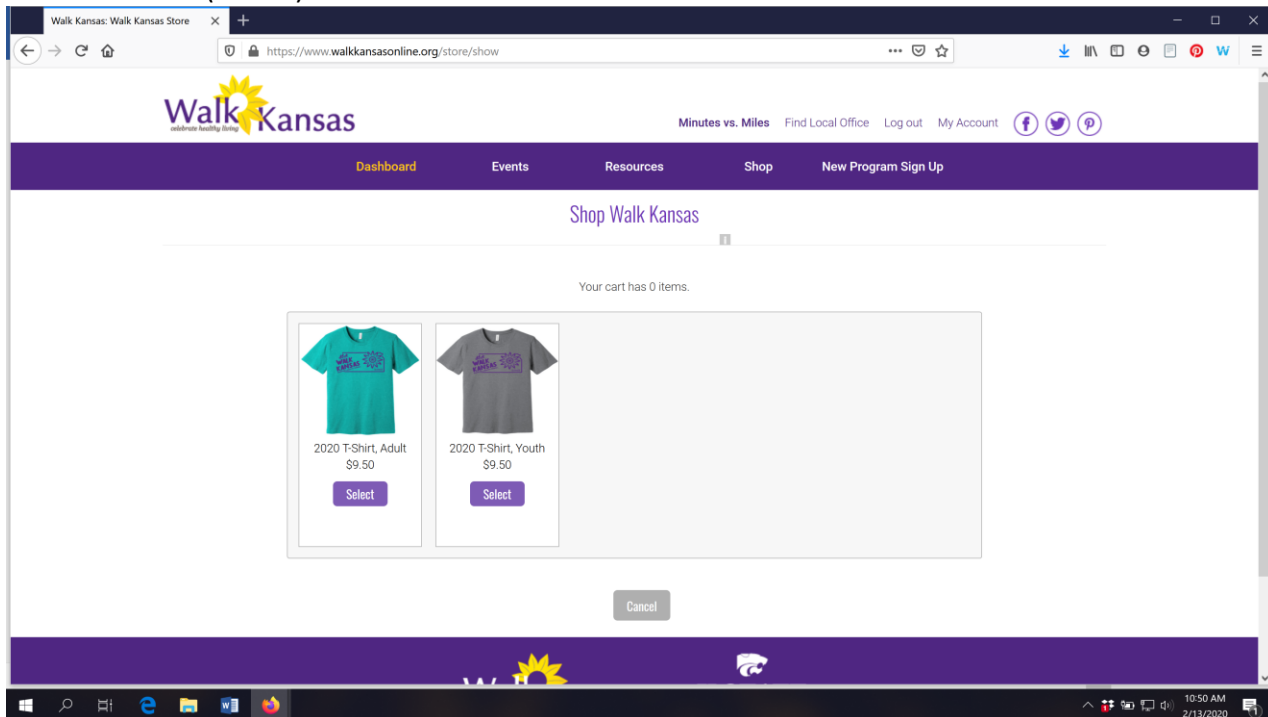


Now you can log in to your account and view your Dashboard. Once you have logged in you can purchase t-shirts and other items from the SHOP.



Click the "SHOP" button on the purple bar to enter the online store.

You will see a screen similar to this. T-shirt colors for 2020 are Heather Sea Green and Heather Storm. Youth and adult sizes (sm-4X) are available.



Make your selections (some local programs offer sweatshirts and long-sleeved t-shirts in addition to the program tee.) You will see a similar payment screen as before and then complete your order.

The online Walk Kansas store is open through the first two weeks of the program. Contact your local Extension office with specific questions.

We have an app!

The Walk Kansas app is free and you can download it from the App Store. This is a pilot year so it is available only in iOS format for iPhone and iPad. Watch for the Android version in the future!

You **cannot** register through the app so wait until your account is set up online first. Then, you can access all of your information and log minutes, etc.

The Walk Kansas app will sync with fitness trackers. However, if you have a Fitbit you will need to download *Fitbit to Apple Health Sync* (\$5.99) for this data transfer.

Using the Walk Kansas app:

- Before you use the app make sure your team is created online, that you have selected a challenge (from the 3 available), and make sure that logging is ready to go and that your team is ready. You may want to test this online first to make sure you can log minutes.
- When you open the app for the first time, you'll see a splash screen that tells you to login with the username and password you created on the WK website. When you close this screen you will see some login fields.
- After you login, the default screen should be the log activity screen ; click "new log" and have at it!
- To edit an existing log just click the row you want to edit.
- All data entered through the app will transfer to the web and vice versa.